



SPIRITUALITY 104

DEALING WITH RESENTMENTS

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Spiritual Growth Lecture





WHAT ARE RESENTMENTS

Resentment comes from two Latin words

RE = Again

SENTIRE = To Feel

**We repeat the feeling of resentment over
and over again**






WHAT ARE RESENTMENTS

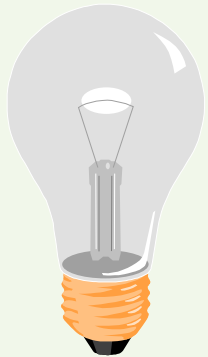
Resentments represent strong negative feelings.

Resentments are those feelings of anger, animosity and hatred we feel towards another human being, place, thing or event.



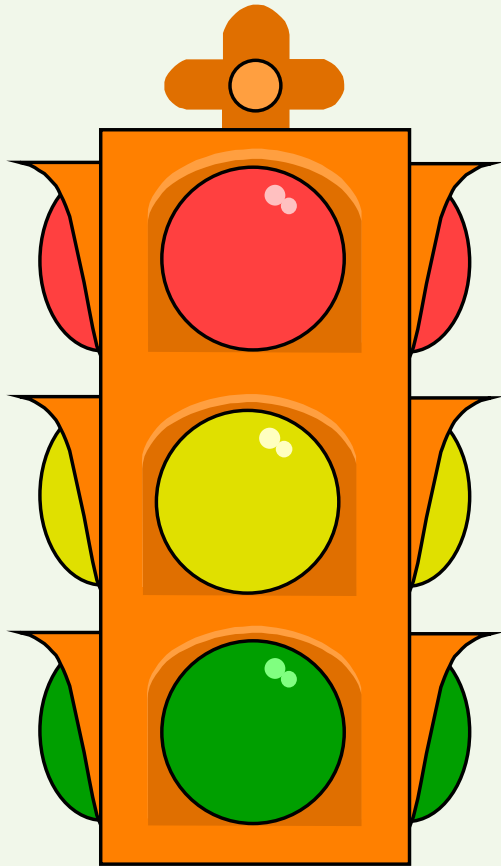
DECODING EMOTIONS

**ARE EMOTIONS “GOOD” OR
“BAD”?**



**TO THINK OF EMOTIONS
AS GOOD OR BAD IS TO
THINK ADDICTIVELY**

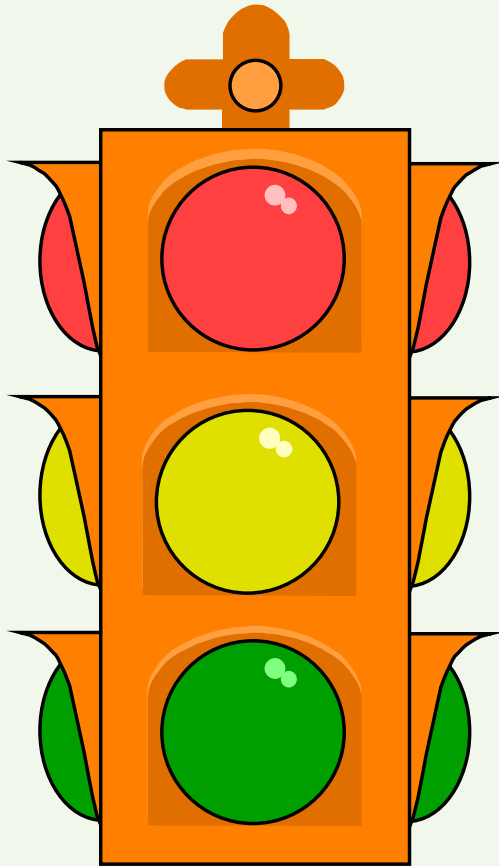
EMOTIONAL TRAFFIC LIGHTS



Think of emotions as
nature's traffic lights

- “**Green**” light
emotions say the
intersection is safe
- “**Yellow**” light
emotions suggestion
caution

EMOTIONAL TRAFFIC LIGHTS



- “**Red**” light emotions alert us to danger

List an emotion that is a ...

“**Green**” light

“**Yellow**” light

“**Red**” light

ANGER AS A PRIMARY EMOTION

**ANGER IS JUST THE TIP
OF AN ICEBERG**

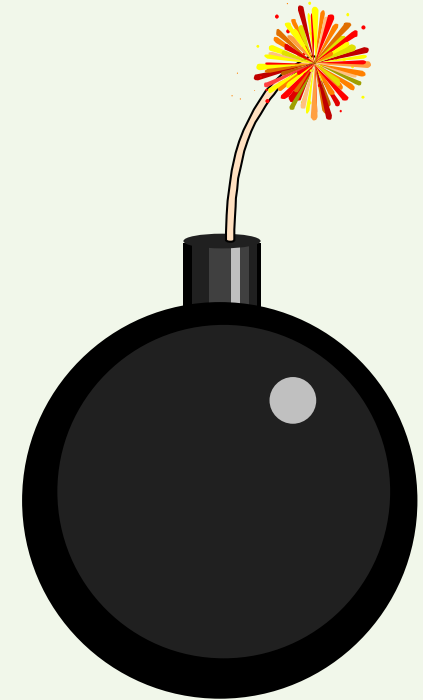
ANGER HIDES OTHER EMOTIONS

**SOME EMOTIONS ARE DIFFICULT
TO ADMIT TO**

THE PURPOSE OF ANGER

THE CONSEQUENCES OF HARBORING ANGER BEYOND ITS TIME

- **HIGH BLOOD PRESURE**
- **ULCERS**
- **SUPRESSED IMMUNE SYSTEM**
- **COLITIS**
- **MENTAL HEALTH PROBLEMS**

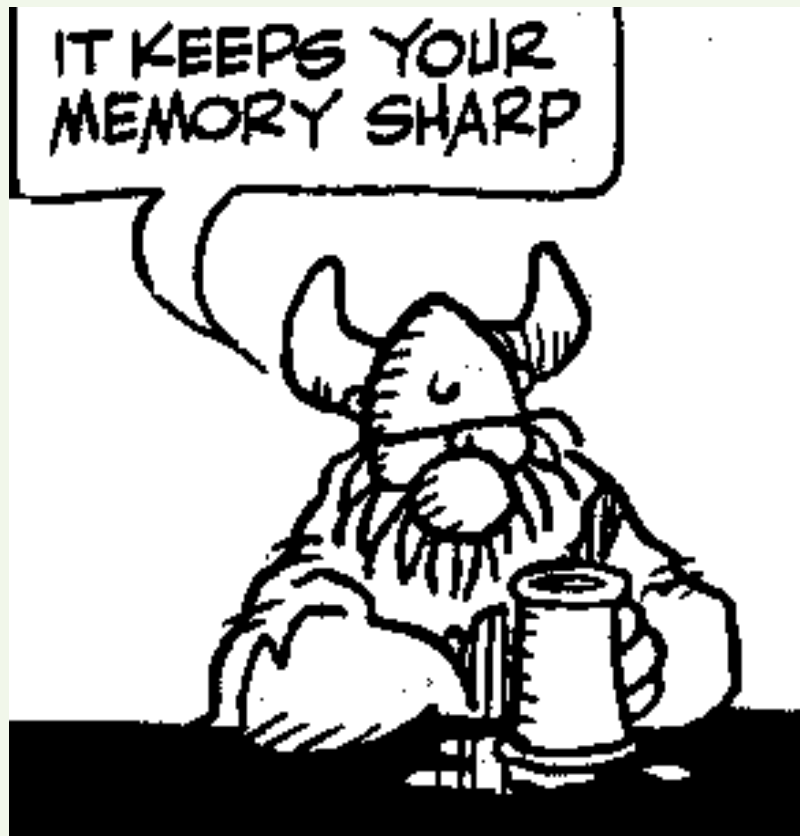


ANGER IS A TIME BOMB WAITING TO EXPLODE

RESENTMENTS ACCORDING TO HAGAR



RESENTMENTS ACCORDING TO HAGAR

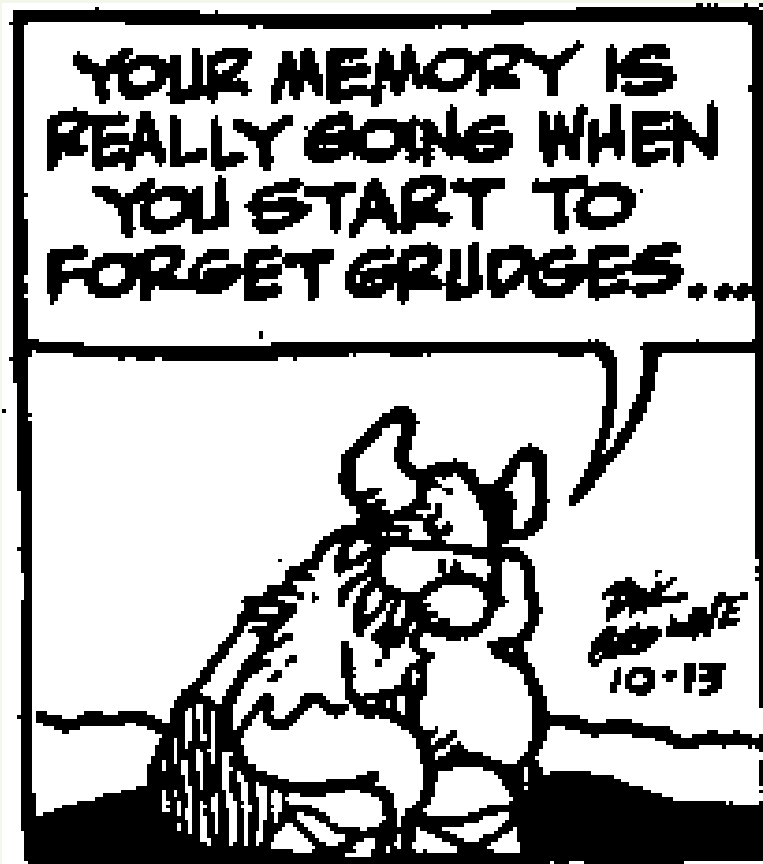


The only reason
to harbor a grudge
or resentment to
to have the perfect
excuse to pick up
and use.

RESENTMENTS ACCORDING TO HAGAR



RESENTMENTS ACCORDING TO HAGAR



**YOUR
RECOVERY
STARTS THE
DAY YOU
FORGET YOUR
RESENTMENTS
AND GRUDGES**

DEALING WITH RESENTMENTS

RULE #1:

- ***DEAL WITH
EMOTIONS
AS THEY
COME***

RULE #2:

- Use “I Messages”
When you . . . (action)
I feel . . . (emotion)
Because . . . (effect)

DEALING WITH RESENTMENTS

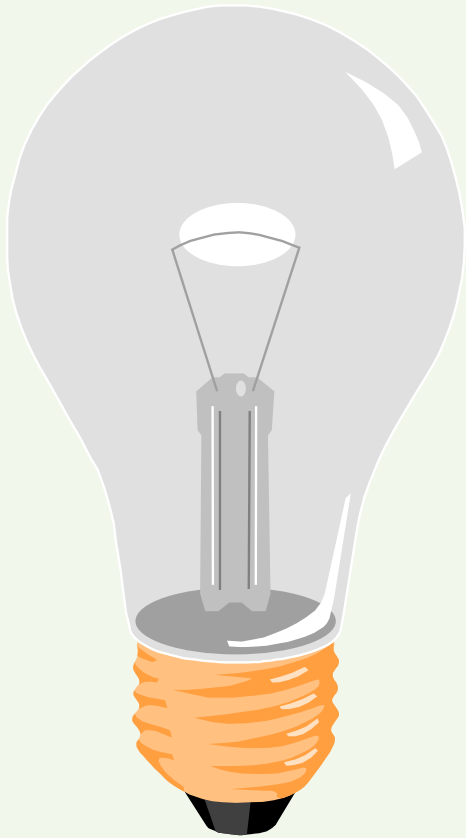
“I Messages”

When you offer me a drug (action)...

I feel angry (feeling)...

**because it places my recovery at risk
(effect).**

DEALING WITH RESENTMENTS



RULE # 3

Learn to say

**“It doesn’t really
matter”**

Unless my very life is
threatened I should let
things go

LET GO, LET GOD

DEALING WITH RESENTMENTS

RULE #4: **USE THE 12 STEPS**

STEP 4:

**MAKE A SEARCHING
AND FEARLESS
MORAL INVENTORY**

STEP 5:

**ADMIT TO GOD, SELF
AND ANOTHER
HUMAN BEING THE
EXACT NATURE OF
OUR WRONGS**

DEALING WITH RESENTMENTS

RULE #4:

USE THE 12 STEPS

STEP 8:

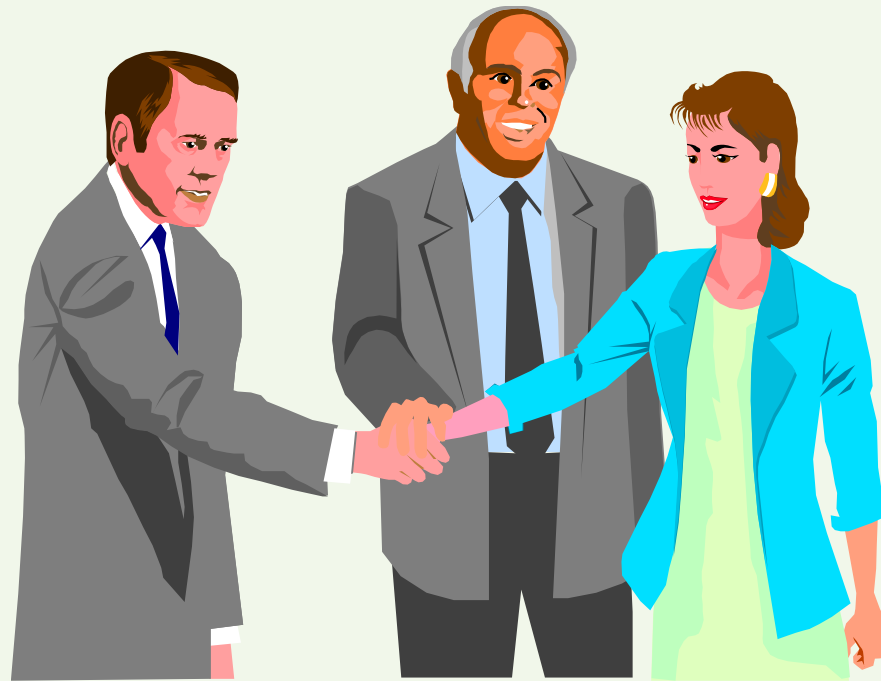
**MAKE A LIST OF ALL
PERSONS WE HAVE
HARMED, AND
BECOME WILLING
TO MAKE AMENDS
TO THEM ALL**

STEP 9:

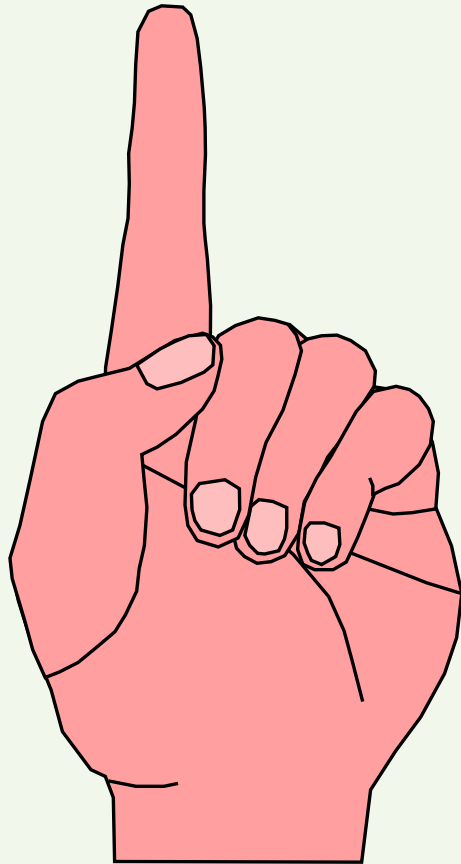
**MAKE DIRECT AMENDS
TO SUCH PEOPLE
WHEREVER
POSSIBLE, EXCEPT
WHEN TO DO SO
WOULD INJURE
THEM OR OTHERS**

DEALING WITH RESENTMENTS

RULE #5: **TALK WITH OTHERS**



A CONCLUDING THOUGHT



**YOU WILL MAKE
OR BREAK YOUR
SOBRIETY WITH
HOW YOU
HANDLE YOUR
ANGER AND
RESENTMENTS**